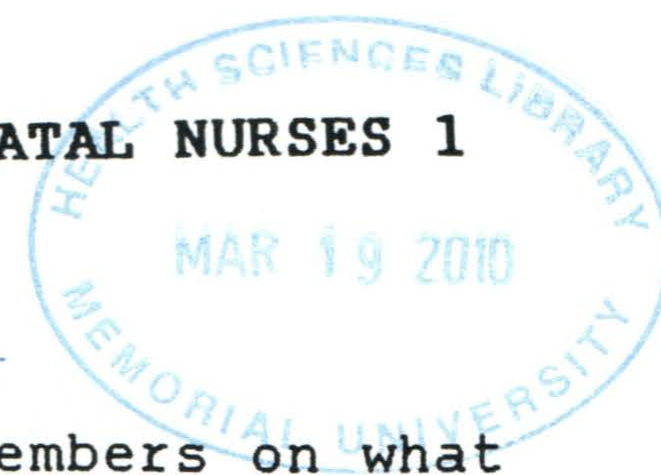


**THE ALLIANCE OF NURSE-MIDWIVES, MATERNITY AND NEONATAL NURSES 1**  
**OF NEWFOUNDLAND AND LABRADOR**  
(A Special Interest Group of the ARNN)  
Newsletter - April 1992 #2



The aim of this Newsletter is to up-date Alliance members on what is happening in their areas of nursing interest. Therefore, short items, such as short reports of conferences, reports of articles or books which have been read, letters and comments about any news in this present Newsletter, would be welcomed for future Newsletters. Thank you Mabel Read and Pamela Brown for the articles which you submitted. This Newsletter is for members of the Alliance and a form is included in the Newsletter which can be completed and submitted with the registration fee. If you have paid the registration fee but have not received your copy of the Newsletter please advise us so that this can be rectified. Remember to advise us if you change either your work or home address.

Pearl Herbert, Editor,

c/o School of Nursing, Memorial University of Newfoundland,  
St. John's, Nfld. A1B 3V6 (Telephone: 737 6755; Fax: 737 7037)

General News

\*\*\*The next meeting is Tuesday, April 14th, 1992, at 8 pm\*\*\*  
at the home of Janet Murphy-Goodridge, 53 Rennies Mill Road, St. John's (Telephone: 753 2052). The speaker is:  
Sheila McKelvie (nee Sturge), who will give an illustrated talk on her experiences as a nurse and a mother in Pakistan. Her second children, twins, were born there 18 months ago and she had to completely breastfeed them. Sheila graduated from the SA Grace General Hospital's nursing program, worked in the ICU of that hospital, took the Memorial University School of Nursing's Nurse-Midwifery program, and married Bill, who had been a Family Practice Resident. They now have three children and are in Newfoundland for a short visit.

If you are unable to attend this meeting but wish to have some topic discussed please contact either Janet or the President, Kay Matthews. Details of future meetings can be obtained from Kay Matthews at either 737 6528 or 579 0778.

\*\*\*\*

Annual Meeting of The Alliance

\*\*\*\*

This will be:

Monday, June 1st, 1992, at 5 pm. in the Board Room at ARNN House  
Besides a short business meeting there will be a speaker. It is hoped that this will be an illustrated talk. Members will be notified when the speaker is confirmed. (Probably by the time of the April 14th meeting).

Items for discussion, resolutions, executive committee nominations should be submitted as soon as possible.

Present Executive Committee:

President: Kay Matthews

Secretary:

Treasurer: Dana Edge

Publicity: Janet Murphy Goodridge

Newsletter: Pearl Herbert



\*\*\*\*

ANNUAL FALL WORKSHOP

\*\*\*\*

What topics would you like covered? Where would you like it to be held? Who would like to help to arrange this workshop? Please contact Kay Matthews as soon as possible.

Report of the Previous Meeting submitted by Janet Murphy-Goodridge.

On February 18th, 1992, the Alliance held a general meeting at 53 Rennies Mill Road. It was one of the most successful turnouts in the last few years with approximately 20 participants representing various maternity and neonatal units, and schools of nursing. Dana Edge, treasurer of the Alliance, gave an update of the financial status from January 1st, 1991, to January 1st, 1992. This statement was distributed to all present and is available on request. The Fall workshop was a financial success with a small profit being made.

Pamela Brown, an Australian midwife currently living in St. John's, and working in the NICU at the Janeway Child Health Centre, shared her experiences with Reflexology as an alternative therapy for pregnant women. Reflexology is a massage therapy of the feet which works on stimulating reflex points on the feet that reflect areas of the body. Pamela described her experiences with several clients in which Reflexology was successfully used in promoting relaxation; in high risk clients, during induction and augmentation of labour, and in the early first stage of labour. Please feel free to contact Pamela at 726 3242 for a more thorough discussion of this topic.

The meeting concluded with a review of the video film "Water Baby: Experiences of Water Births". This film demonstrated several water birth experiences in France and the United States. The film provoked much discussion and interest within the group. This film is highly recommended and the video is on order at the Health Sciences Library, Memorial University.

We look forward to seeing everyone at our next meeting, April 14th, 1992. The meetings of the Alliance are an excellent means of information sharing with nurses of similar backgrounds and interests throughout Newfoundland and Labrador.

Canadian Confederation of Midwives (CCM)

The CCM is a confederation of midwifery associations, not individuals. The Annual Meeting was held in Toronto from April 3rd to 5th. On April 3rd the CCM representatives were guests at an all day Interim Regulatory Council on Midwifery (IRCM) meeting. The IRCM members are appointed by the Ontario Government and have been meeting for 3 years. The IRCM has just been extended to August 1992 when an interim Midwives College is to be set up. The Proclamation of the Midwifery Act which was given Royal Assent in November 1991, will be made in the Fall of 1992 and midwifery will then be legal in the province. At this IRCM meeting many issues were discussed including the pre-registration program for experienced midwives. This once only program is being headed by Suzanne Houd from Denmark. Elaine Hykawy of the Ontario Ministry of Colleges and Universities gave an up-date on the 4 year midwifery baccalaureate



degree program. Notification has been received that two universities will be submitting proposals. The Equity Committee reported on visits to aboriginal communities. In Ontario native midwives are exempt from the Midwifery Act when practising on Reserves.

There is much work with legislation. There was a discussion regarding the number of acts which could impinge on midwifery. (An example was given that the Ambulance Services Act impinged on 103 different acts).

Also discussed by the IRCM members: Many areas of Ontario are preparing for International Midwives Day on May 3rd. The National Film Board will soon be releasing a film "Choice of Birth Place". The U.K. Parliamentary "Maternity Services Report", which contains many recommendations, was passed around. It is £19.40 from HMSO Publications, London.

At the CCM meeting on April 4th further presentations on legislation were given by some committees of the IRCM and the Association of Ontario Midwives (AOM). Karen Kaufman then gave notice of a national Fall workshop on the Implementation of Midwifery Care. The goals include the review and analysis of national and international literature . . . , development of models of midwifery care . . . , development of a national research strategy for the evaluation of midwifery services. There will be three participants from each province and territory. Further information will be forthcoming.

\*\*\*\*\* Midwives, please ensure that we have your name and address so that you can be kept informed. \*\*\*\*\*

The business meeting of the CCM took place on April 5th. The Manitoba Nurse Midwifery Association is a new member. It is always interesting to hear the reports from across the country. The Manitoba representative advised regarding Labours of Love a 40 minute, documentary video about midwifery and birth in Manitoba. Price \$34.20 + \$2.50 p.p. from Dusty Boot Pictures, #22-785 Dorchester Avenue, Winnipeg, Manitoba, R3M 0P5 (Phone 204-453-6479)

The representative from Ray Brokers Ltd. spoke on the professional insurance (liability insurance) by which the Ontario Midwives are covered. Once midwifery is legalized in a province this insurance is available to all the midwives practising there. The St. George Group representative described the disability income insurance and life insurance offered to self-employed professionals by that company.

The next annual CCM meeting will be in Vancouver at the time of the ICM Congress. The CCM has a co-ordinator who serves for 2 years, and the provinces and territories take it in turn to have this position. From 1993 to 1995 it is the turn of this province to accept the co-ordinator position at the Vancouver meeting.

#### Questions. Midwives in this province

1. Have you already made plans to attend the ICM congress in Vancouver?
2. Would you like to attend the ICM congress if some financial assistance was available?



3. How can we raise funds and obtain sponsors?

Please let either Kay or Pearl know the answer to these questions as soon as possible - by the middle of June 1992.

### Conferences

#### International Confederation of Midwives (ICM) 23rd Triennial Congress "Midwives: Hear the Heartbeat of the Future"

This congress will be held in Vancouver from May 9th to 14th, 1993. Deadline for receipt of abstracts is August 15th, 1992. I was only able to obtain one program for the congress. A form requesting information was attached to the last Newsletter. Registration before October 1992 is \$575.00.

### COGNN

The Third National Conference of the Canadian Obstetrics, Gynaecologic, and Neonatal Nurses (COGNN) is being held in Kananaskis Village, Alberta, on May 1st and 2nd, 1992. The theme is "Ethics in the 90's: Exploring New Frontiers". Registration after March 15th is \$235.00 for non-members. For information contact: Miriam Cochran, 5431 Silverdale Drive NW, Calgary, Alberta T3B 3M9 (Telephone: (403) 288-2276).

There is a possibility that the Alliance could make a contribution towards the travelling expenses of an Alliance member, who has paid the current Alliance registration fee for 1992, attending this conference. Contact Kay Matthews for further information.

### COGNN membership

Individual membership in COGNN is expensive (\$80.00 membership + \$12.00 district fees for a year) when compared with the membership fee of the Canadian Confederation of Midwives which the Alliance has to pay (assessed at \$5.00 for each midwife member). Membership of COGNN does include a subscription to JOGNN. About 5 years ago the Alliance members decided not to pursue linking up with COGNN, but now members of the Alliance, particularly the maternity and neonatal nurses, may want to reconsider this. Should linking up be investigated? Please give your comments to Kay Matthews before the annual meeting.

### National Association of Neonatal Nurses (NANN)

Individual membership in NANN is \$50.00U.S. which includes a subscription to Neonatal Network Journal, Membership Directory, an opportunity to apply for research grants. There are interest groups in managerial, advanced practice roles and issues, international happenings. Groups are being formed across Canada.

Resolve Through Sharing Counsellor and Coordinator Certification Course submitted by Mabel Read, Supervisor, Obstetrical Floor, S.A. Grace General Hospital, St. John's.

In May, 1991, I attended a Perinatal Loss Counsellor and Coordinator Certification Course in Toronto, sponsored by Resolve



Through Sharing. Resolve Through Sharing is an International Program sponsored by Lutheran Hospital La Crosse Gunderson Clinic, La Crosse, Wisconsin. The objectives of the Counsellor Course were:

To relate grief theory to strategies of care for bereaved parents.

Demonstrate counselling skills through role playing.

Describe appropriate interventions for responding to someone who has had a miscarriage/ectopic pregnancy.

Explain how children, family members and friends are affected by perinatal death.

Identify protocol and guidelines used by Resolve Through Sharing Counsellor to provide consistent care and follow-up after discharge.

Discuss the role of clergy and funeral directors in meeting the needs of grieving families.

These objectives were met during an intense three day course, conducted by two Resolve Through Sharing Counsellors from La Crosse, and by clergy, funeral director, panel of bereaved families, and interaction among the group of 44 who attended from the United States and Canada.

The objectives of the one day Coordinator Certification Course were:

Relate problem solving and change theory to the incorporation of a hospital based comprehensive perinatal bereavement program.

Discuss conflicts which may arise in implementing a perinatal bereavement program and possible solutions.

Describe methods for promoting public and employer awareness of your perinatal bereavement program.

Identify teaching strategies needed for developing certified Resolve Through Sharing counsellors.

These objectives were met by instruction from counsellors and much interaction with the group in problem solving, role playing, and interviewing.

This conference provided the knowledge and skills to care for grieving families both in hospital and follow-up care, and has complimented our program. Out of the 44 who attended, one was from Labrador (a nurse-clergy) and two of us from the Grace General Hospital - a social worker and myself. Also of interest was that many people did not have organized programs at their hospitals, so we were very proud to have had our Perinatal Bereavement Program since 1985. Those of us who had programs shared and learned from each other. MABEL READ, Certified Bereavement Counsellor-Coordinator.

The VBAC Association of Ontario submitted by Pearl Herbert

At the meeting in Toronto on April 2nd, Noreen Walker spoke about her experience at being the first midwife in Canada to be charged with practising medicine without a licence at the VBAC home birth of a perfectly healthy baby. (Read about this in the Canadian Medical Association Journal, 145, 497-498, 500, September, 1991).



Nancy Wainer Cohen, the co-author of Silent Knife read from her new book Open Season. Cathy Romeo, co-author of Ended Beginnings: Healing Childbearing Losses spoke on grief. At present she is working with women in a U.S. prison. Women who are prisoners are handcuffed to the bed during labour and have their baby taken away immediately after birth (as also happens in many Canadian prisons).

**HAVE YOU ATTENDED A CONFERENCE OR WORKSHOP RECENTLY? Why not share your experience with others?**

My Opinion submitted by Pamela Brown, a member of The Alliance.

I am an Australian RN and midwife. My midwifery background is varied; from the Australian outback, to the Royal Flying Doctor Service, to suburban hospitals, to midwifery in Saudi Arabia. In April 1990 I came to Canada for adventure and worked as a midwife for the Grenfell Regional Health Services (GRHS) in Goose Bay, Labrador. Because midwifery is not a registerable profession here I needed to register as a RN, and then have the local obstetrician appraise me and then sign over certain 'procedures' to my care. These 'procedures' allowed me to practise as a midwife. I felt I had an acceptable level of autonomy in my care of prenatal (hospitalized), labour and delivery, and postnatal mothers. Because of the GRHS history they have long had an understanding of the role of the midwife. In Goose Bay I felt I was given the freedom to practise professionally, consulting with the OB/GYN or GP when necessary. Consequently, working as a midwife in Goose Bay was a very rewarding experience.

This understanding is clearly not held Canada wide and the issue of midwifery is now being addressed heatedly in each province. I suspect that most of this heat is generated from the fact that the thought of registerable and practising midwives threatens many who are currently involved in obstetrical care. And yet the philosophies of midwifery and obstetrics are not synonymous, nor are they competitive. There is a time and place for both. The value of obstetrical care can not be over emphasised in high risk pregnancies, complicated labour and delivery, and complicated postpartum. However, midwifery is the appropriate philosophy when all is normal, by offering a less invasive, client centred, (rather than physician centred) and therefore empowering approach. I am now absolutely convinced that a mother who has a normal pregnancy and labour, and is treated with an obstetrical approach will in fact become an obstetrical patient. I do not consider this to be the best that our health care system can offer this mother and her baby.

I believe that to give the best care to the 'normal' family unit is to support the midwifery philosophy, and in order to do that we need midwives. There needs to be midwifery schools to train and educate midwives by direct-entry and RN-entry. I believe that midwives need to be autonomous, with their own Midwifery College for licensure, standards, education, and discipline. I suggest an independent Midwifery College because midwives do not need medical



direction to practise, which is the understanding of the role of the nurse. However, I do also suggest that to be freely associated with the Registered Nurses Association would offer a valuable base for professional sharing of knowledge, expertise, and camaraderie.

All these measures are tangible. . . . What I foresee as the greatest challenge will be to gain the professional acceptance from so many health professionals who prefer a status quo. An acceptance rather than a threat. An united belief that we can work together for the best maternal and neonatal outcome. PAMELA BROWN

### WHAT IS YOUR OPINION? Comments invited.

MOTHERHOOD (author unknown. Submitted by Pamela Brown)

#### Epilogue

While the Good Lord was creating mothers He was into His sixth day of "overtime" when the angel appeared and said, "You're doing a lot of fiddling around on this one". And the Lord said, "Have you read the spec on this order?"

She has to be completely washable, but not plastic.

Have 180 moveable parts . . . all replaceable.

Run on black coffee and leftovers.

Have a lap that disappears when she stands up.

Have a kiss that can cure anything from a broken leg to a disappointed love affair.

And have six pairs of hands.

The angel shook her head slowly and said, "Six pairs of hands . . . that's not possible". "It's not the hands that are causing me problems", said the Lord. "It's the three pairs of eyes that mothers have to have". "That's on the standard model?" asked the angel. The Lord nodded. "One pair that see through closed doors when she asks, 'What are you kids doing in there?' when she already knows. Another here in the back of her head that see what she shouldn't, but what she has to know, and of course the ones here in front that can look at a child when he goofs up and reflect, 'I understand and I love you' without so much as uttering a word".

"Lord", said the angel, touching His sleeve gently, "come to bed. Tomorrow . . . ". "I can't," said the Lord, "I'm so close to creating something so close to myself. Already I have one who heals herself when she is sick . . . can feed a family of six on one pound of hamburger . . . and can get a nine-year-old to stand under a shower". The angel circled the model of The Mother very slowly. "It's too soft", she sighed. "But tough", said the Lord excitedly. "You cannot imagine what this Mother can do or endure". "Can it think?" "Not only think, but it can reason and compromise", said the Creator.

Finally, the angel bent over and ran her fingers across the cheek. "There's a leak", she pronounced. "I told you you were trying to put too much into this model. You can't ignore the stress factor". The Lord moved in for a closer look and gently lifted the drop of moisture to his finger where it glistened and sparkled in the light. "It's not a leak", He said, "It's a tear". "A tear?" asked the angel. "What's it for?" "It's for joy, sadness,



disappointment, compassion, pain, loneliness, and pride". "You are a genius", said the angel. The Lord looked sombre. "I didn't put it there".

### Alliance History

In 1976 the Atlantic Region Nurse-Midwives Association was started, and at the same time, but with a separate constitution, the Atlantic Region Maternity and Neonatal Nurses Association was also formed. These two Associations always had close ties. After a few years the members of both Associations in the other Atlantic provinces went on their own. Therefore, in 1984 the members of the Nurse-Midwives Association who were in Newfoundland and Labrador joined in an Alliance with the province's Maternity and Neonatal Nurses Association. Now the Nurse-Midwives Association part of the Alliance wishes to contact all midwives in the province. Please can you ask all midwives, regardless of their present occupation, to submit their name and address, to either Kay or Pearl, as soon as possible. As was written in the last Newsletter, much is happening in Canada regarding midwifery and we would like to keep all midwives informed.

If you paid your registration fee for the Alliance at the Workshop you did not have to complete a membership form and so we may not have you listed as a midwife. Therefore, could you please complete the form, mark it to show that you have paid your 1992 registration fee, and return it to either Kay or Pearl.

### MIDIRS

For a reference journal which contains information on all areas of maternity care, subscribe to MIDIRS Midwifery Digest. "MIDIRS scans over 300 journals in the search for new information. Articles of interest are either reprinted in full, the authors' own abstract is reproduced or the paper is abstracted (with a commentary) by one of the MIDIRS abstract writers. Important press releases and professional news are also included. There is a considerable amount of original material too; articles on professional issues, editorials, book reviews and conference reports. The Digest does not accept original research papers for publication".

MIDIRS, Institute of Child Health, Royal Hospital for Sick Children, St. Michael's Hill, Bristol, BS2 8BJ, England.

[This Newsletter has been delayed because of problems with the power and not being able to use the computer].

WE HOPE TO SEE AS MANY PEOPLE AS POSSIBLE AT THE ANNUAL MEETING ON JUNE 1st. IF YOU READ ANYTHING OF INTEREST, VISIT ANY INTERESTING PLACES, ATTEND ANY CONFERENCES ETC. ETC. PLEASE SHARE THIS WITH YOUR COLLEAGUES BY WRITING A PARAGRAPH FOR THE NEXT NEWSLETTER. PLEASE ANSWER THE QUESTIONS RAISED ELSEWHERE IN THIS NEWSLETTER.

♪ ♪ ♪ ♪

HAVE A GOOD SUMMER

♪ ♪ ♪ ♪



THE ALLIANCE OF NURSE-MIDWIVES, MATERNITY AND NEONATAL NURSES  
OF NEWFOUNDLAND AND LABRADOR

APPLICATION FOR MEMBERSHIP  
1992

Name: \_\_\_\_\_  
(Print) (Surname) (First Name)

Nursing Qualifications: \_\_\_\_\_

Full Address: \_\_\_\_\_  
\_\_\_\_\_

Postal code: \_\_\_\_\_

Telephone No. \_\_\_\_\_ Fax No. \_\_\_\_\_

Work Address: \_\_\_\_\_  
\_\_\_\_\_

Nursing area where working: \_\_\_\_\_

Retired: \_\_\_\_\_ Student: \_\_\_\_\_

Unemployed: \_\_\_\_\_

I wish to be a member of the Alliance and I enclose \$10.00 membership fee for 1992. (Cheques made payable to the Alliance)

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Return to: Dana Edge, (The Alliance Treasurer),  
c/o School of Nursing, Memorial University of Newfoundland,  
St. John's, Newfoundland A1B 3V6



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